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LES PAUVRES

Fifty
Valuable
and
Delicious
Recipes
Made With
Corn Meal
For 50 Cents



GOOD WORK REMAINS.
BAD WORK PASSES INTO OBLIVION

Celestine Eustis

AUTHOR OF

"COOKING IN OLD CREOLE DAYS"

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It is a whole education to know how to use corn meal properly, but with patience one is more than rewarded for one's perseverance.

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Aunt Anne's Delicious Corn Bread.

One cupful of white corn meal, 1 cupful of boiled hominy; knead two eggs in the hominy, put in a piece of butter melted the size of a hickory nut, one pinch of salt, one good pinch of sugar; whip all that together, add corn meal and cold milk alternately to a thick consistency until it drops off the spoon in a thick batter like a thick mush. Sometimes put in a pinch of yeast powder just as you are going to put it to bake. Mix it well, bake it and serve. Don't let it stand.

Aunt Anne's Corn Bread Without Powder.

Take a quart of corn meal, 1 quart of milk, tablespoonful of fresh butter. Let it stand until it cools off a little, then you add five well beaten eggs. Bake in a quick oven. Mix half quantity with 3 eggs if you wish a smaller corn bread.

Sally Lunn—No. 1.

Five eggs, $1\frac{1}{2}$ pints of flour, full spoonful of butter, put the yolks in and two spoonfuls of sugar, 1 glass of sour milk with teaspoonful of baking powder.

Sally Lunn—No. 2.

One quart of flour, 1 teaspoonful of salt, 1 tablespoonful of sugar, 1 heaping tablespoonful of lard and butter mixed with one-third of a yeast cake, 3 eggs well beaten. Make the dough with warm water in winter and with cold water in summer. It should be the consistency of light bread dough. Let it rise for four or five hours. Touch lightly and turn into a buttered cake mold and bake without a second kneading. It will take nearly 40 minutes to bake and should then soak well.

Corn Meal Gems.

Corn meal gems when well made are delicious and as light as thistle down. Cream a heaping tablespoonful of butter and half a cup of sugar. Beat up 1 egg and add to the creamed butter and sugar. Dissolve a teaspoonful of soda in a pint of sour milk and add to the mixture. Add a cup of flour and two cups of cornmeal well sifted together. Beat well and pour into greased muffin tins. Bake in a hot oven.

Corn Dodgers.

One quart of corn meal, a little salt and water enough to make the batter just stiff enough to make the mixture into cakes with the hands. Bake on tin sheets.

Corn Biscuits.

Six tablespoonfuls of soft hominy, $\frac{1}{2}$ a pint of corn meal, a large tablespoonful of lard, $\frac{1}{2}$ a pint of milk and mix the ingredients well together and make into cakes about the size of a saucer. Put them upon a tin sheet and bake in a moderate oven.

North Carolina Dabs.

One pint of meal, 2 eggs, a small dessert spoonful of lard, a wineglass of milk; scald the meal and while hot rub in the lard, beat the eggs very light and add them to the meal; stir in the milk and a little salt. Drop them fixture from a spoon upon a tin sheet and bake in a moderate oven.

Corn Journey.

Into 2 tablespoonfuls of cold hominy rub a tablespoonful of butter, an egg, half a pint of milk and corn flour enough to make the batter just as stiff as to be spread upon a board, about a quarter of an inch thick. Put the board before the fire, brown the cake and brown the other side in the same way. Salt to taste.

Virginia Egg Bread.

One quart of meal, half a pint of wheat flour, a pint and a half of milk, 2 eggs and a tablespoonful of butter, mix all well and bake either in cups or a tin pan.

Hominy Bread.

Take a pint of hominy boiled soft, add a tablespoonful of butter, a pint of milk and 4 eggs, thicken with flour and bake in a dish.

Hoe Cake.

Three spoonfuls of hominy, 2 of rice flour, a little butter and milk sufficient to make it soft. Bake on a griddle or on a hoe.

Hominy Fritters.

Beat up three eggs with a large spoonful of butter, add to these 3 spoonfuls of cold hominy, a pint of milk and a pint of wheat flour. Mix all together and let it rise three hours.

Corn Spoon Bread.

One pint of corn flour, boil half to a mush, add when nearly cold 2 eggs, a tablespoonful of butter and a gill of milk and then the remaining half of flour. Bake on a griddle or grease a pan and drop in spoonfuls.

Fritters.

A pint of flour and a pint of milk mixed together, 3 tablespoonsful of hominy and 2 eggs with a teaspoonful of salt. The whole must be well mixed and dropped with a large spoon into boiling lard and fried brown. Each spoonful makes a fritter.

Corn Griddle Cakes.

To a pint of corn flour add a quart of milk, a tablespoonful of butter, 2 eggs and a little salt; beat them all well together and lay the batter on your griddle of which thickness you desire.

Grits Bread.

Beat up the yolk of one egg with a large cup of cold hominy, mashed up with a spoonful of butter and a little salt, to which add a pint of raw grits well drained after washing. Make it into a loaf and bake about half an hour.

Sweet Potato Buns.

Boil and mash a sweet potato. Rub into it as much flour as will make it like bread. Add spice and sugar to your taste, with a spoonful of yeast. When it has risen well, work in a piece of butter. Bake it in small rolls to be eaten hot with butter.

Couche Couche.

Make a paste as you make for corn bread by the above receipt. Sweaten it with sugar. Instead of putting it in a pan, you grease a pot with lard and as the paste cooks to the side of the pot you scrape it off with a spoon. Do that five or six times until all your paste is cooked. It is delicious for breakfast with coffee. The Southern children are very fond of it with milk .

Aunt Anne's Hoecake.

Take a large cupful of corn meal, sift it in a bowl, one pinch of salt, mix it with a little boiling water. Let it get cold. Make small round cakes, pinch them on top. Put in a pan to bake in the oven.

Hominy Bread and Waffles.

One egg, 4 tablespoonsful of hominy, 4 tablespoonsful of plain flour, two tablespoonsful of melted butter, and two cupsful of sweet milk. Put the butter in the hominy and add the other ingredients, putting in the flour last, with a small pinch of baking powder.

Corn Muffins.

To three pints of corn meal add a pint of tepid water, a teacupful of yeast, a tablespoonful of sugar and a teaspoonful of salt; mix all well together and bake in rings. To be mixed at night for use the next morning and in the morning for evening use.

Corn Meal Bread.

Rub a piece of butter the size of an egg into a pint of corn meal. Make it a batter with 2 eggs and some new milk. Add a spoonful of yeast. Set it by the fire an hour to rise. Butter little pans, fill them and bake.

Thin Corn Bread.

Beat 2 eggs with a tablespoonful of sugar, 1 and one-third cups of corn meal, one-third cup of flour, 2 tablespoonsful of melted butter, 1 teaspoonful of salt, milk enough to make a very thin batter. Sometimes use 2 tablespoonsful of cooked hominy and less meal. Bake in a hot oven about 30 minutes.

West Indies Cookies.

Grate a piece of pumpkin, add a piece of butter size of an egg, a little cinnamon, a cupful of sugar, corn meal enough to bind it together. Cook in plantain leaf or greased paper, or on a banana leaf; bake quickly. Same thing can be done with sweet potatoes.

Boiled Hominy.

Two cups of boiled hominy (white hominy), soak over night in cold water, let the water cover the hominy in morning, add a teaspoonful of salt and mix all together. Put in a double boiler for half an hour, stir occasionally if you want it drier; don't put so much water to it and uncover it and let it dry.

How to Cook Rice—No. 1.

Take a cupful of rice and put it in a colander and wash it thoroughly; then after letting the water drain off put it in a saucepan with water enough to cover the rice. Shake the saucepan occasionally and if the rice adheres to the bottom of the saucepan use a fork to loosen it.

How to Cook Rice—No. 2.

Take a cupful of rice and put it in a colander and wash it thoroughly; then after washing and letting it drain put the colander of rice in a saucepan, putting a little water in saucepan to keep the pan from burning, and put it in the oven shaking the saucepan occasionally.

Corn Pone.

Corn pone is highly recommended as a breakfast dish. Take a heaping coffee cupful of boiling hominy, heat it and then put in a tablespoonful of butter, 3 eggs and nearly 1 pint of sweet milk. As much corn meal may be added as will serve to thicken this until it is like the batter for Johnny cakes. Bake in a quick oven and serve.

Pep-Overs.

Two cupsful of flour, 3 eggs, 2 cupsful of milk, one-half of salt, beat eggs without separating very light. Pour mixture slowly over flour to prevent lumping, grease cups with butter. Put in oven to get hot. Cook in moderate oven at bottom about three-quarters of an hour.

Corn Bread.

A handful of hominy, 2 spoonsful of batter and lard mixed, 3 eggs, one cupful of corn meal and one cupful of milk.

Batter Bread.

Six tablespoonsful of wheat flour, three of corn meal, with a little salt;; sift them, and make a thin batter with 4 eggs and some milk. Bake in moulds in a quick oven.

Mountain Bread.

A pint of sour buttermilk, a large spoonful of butter, a large teaspoonful of soda, salt to the taste. Stir into the buttermilk about a pint of corn meal, rub in the batter and salt, dissolve the soda in a wineglass of warm water and add it. Should this mixture not be stiff enough to be made into a cake with the hands add more flour. Bake about half an hour in a moderate oven.

Corn Wafers—No. 1.

One pint of meal, one gill of milk and one gill of water, a desert spoonful of butter and a little salt. Bake to a light brown.

Corn Wafers—No. 2.

To 2 tablespoonsful of cold hominy add one tablespoonful of rice flour and 1 of wheat flour, a little salt. Thin it with milk to the proper consistency to be baked in wafer iron.

Breakfast Meal Cakes.

To a pint of corn meal add a pint of buttermilk or clabber, one egg, two ounces of butter, one teaspoonful of salt and one of soda; mix all well together observing to add the soda just before the cakes are sent to the oven. Bake quickly. Rice may be substituted for corn meal.

Corn Ring Cakes.

Two eggs, 1 pint of milk, 1 pint of corn meal and a little salt and a desert spoonful of butter. Mix these ingredients well together and bake in rings or small pans.

Corn Crisp.

One pint of meal, a tablespoonful of lard, a little salt and add a little water. Make it into a cake about half an inch thick and lay it upon your board; put it before the fire and when brown pass a coarse thread under it and turn it upon another board.

When baked on that side take it up, split the cake and then put the crusts on the gridiron and brown and crisp them.

Corn Cake.

With one quart of corn meal scalded, mix one half quart of milk and one half quart of water, small quantities of soda, salt and brown sugar.

Accabee Corn Bread.

One pint of corn meal, one quart of milk, 2 eggs and a little salt. Beat the eggs and add the other ingredients. Bake in a pan about an inch thick.

Alexander's Corn Bread.

Take 1 pint of buttermilk, three eggs and a teaspoonful of saleratus. Mix them well together and add enough corn meal to make a thin batter. Drop it from a spoon in tin sheets and bake.

Camp Corn Bread.

To half a pint of hot hominy add a large spoonful of butter, a saltspoonful of salt and a large teacup of milk. Mix these ingredients well together and add as much corn meal as will bring it to a proper consistency for baking. Let it remain for some hours in this state before baking.

Espetanga Corn Bread.

Boil three sweet potatoes of the common size and mash them up with a large spoonful of butter. To this add a teaspoonful of salt and an egg. When these have been well mixed put in about three-quarters of a pint of corn flour and beat the whole together, adding by degrees about three gills of milk. While this is preparing, the cover of a dutch oven must be heated and when the mixture is ready, which will be in ten minutes, it must be put into a skillet which has been greased and placed on hot coals. The cover must then be put over with hot coals on the top. It will take about a quarter of an hour to bake, which must be done as soon as the mixture is prepared, or it will become hard. With sugar, wine and butter as a sauce it makes a good pudding.

Sampit Bread.

One tablespoonful of lard or butter, 5 tablespoonsful of corn flour, 4 of hominy, 2 eggs, a teaspoonful of salt. Rub the hominy and butter well together, then add the eggs, flour, and salt, and after rubbing the whole well put the mixture into a plate or tin pan and bake in a quick oven.

Bachelor's Pone.

Melt a piece of butter the size of an egg in a pint of new milk. Beat the yolks of 5 or 6 eggs very light, stir into the milk some Indian meal; then add the eggs and a little salt. Make it rather stiffer than a flour pudding. Bake it in a quick oven in a buttered pan.

Indian Cakes.

Two eggs, one pint of milk, 2 spoonfuls of molasses and meal enough to make a thick batter, a little salt. Dissolve a small teaspoonful of pearl ash in warm water and mix it well with the other ingredients. Bake about 1 hour.

Port Royal Corn Cakes.

One pint of corn meal, 4 tablespoonsful of wheat flour, 1 quart of milk, 3 eggs, salt to taste. Mix the meal and flour with the milk, beat the eggs very light and add them. Bake on a griddle and serve hot with fresh butter.

Owendaw Corn Bread.

Take about 2 teacups of hominy and while hot mix in it a very large spoonful of butter. Beat four eggs and stir them into the hominy; next add about a pint of milk, and lastly half a pint of corn meal. The batter should be of the consistency of a rich boiled custard; if thicker add a little more milk. Bake with a hot oven. The pan in which it is baked should be a deep one.

Chicora Corn Bread.

To one quart of milk add 6 eggs well beaten, 1 tablespoonful of wheat flour and 1 teaspoonful of saleratus, a large spoonful of butter, 1 tablespoonful of brown sugar with as much corn meal as will make a thick batter, add a little salt and bake as soon as mixed in tin or earthen pans.

Pelento—Indian Meal.

Three-fourth of a cup of yellow meal, 3 cups of water. Put the water into a granite or iron saucepan, add salt. When it begins to boil add the Indian meal, little by little. Keep stirring constantly as you pour it in, to prevent lumps. Boil for one-half hour, stirring constantly over a moderate fire. If desired, a little more water may be added if preferred not so thick. Add grated cheese and butter.

Poletta Fritters.

Put on pinch of salt and one tablespoon of sugar into a cup of milk, and put it on to boil. As soon as it boils pour in, little by little, one half scant cup of fine Indian meal, stirring with a wooden spoon. Allow it to boil gently for twenty minutes. Take off the stove and add one tablespoon of butter and the yolk of one egg and a little grated lemon peel. Beat up well to mix the egg and butter. Then turn the mixture onto the breadboard which has been dampened; spread it out to the thickness of a finger. Let it cool, then cut into squares or diamonds and dip these into egg and then into bread crumbs and fry in boiling lard, a few at a time. Sprinkle with sugar and serve hot.

Polenta, "alla Toscana."

Two cups meal and 3 pints cold water. Put the water on and when it boils add salt, then add meal, stirring all the time. Let boil over a moderate fire for one-half hour. When the meal has become quite stiff take a wooden spoon and dip it into hot water and with it detach the meal from the side of the pan and hold the saucepan for a moment over the hottest part of the fire until the Indian meal has become detached from the bottom. Turn it out on the breadboard, and let it stand a few moments to cool. Then with a wire cut it into slices about the thickness of a finger. Place these slices on a hot platter in a layer, pour over them a good meat gravy and grated cheese, then put on another layer of the polenta and add more gravy and cheese, and so on until your polenta is used up.

(Both of these recipes are taken from "Cooking in Old Creole Days.")

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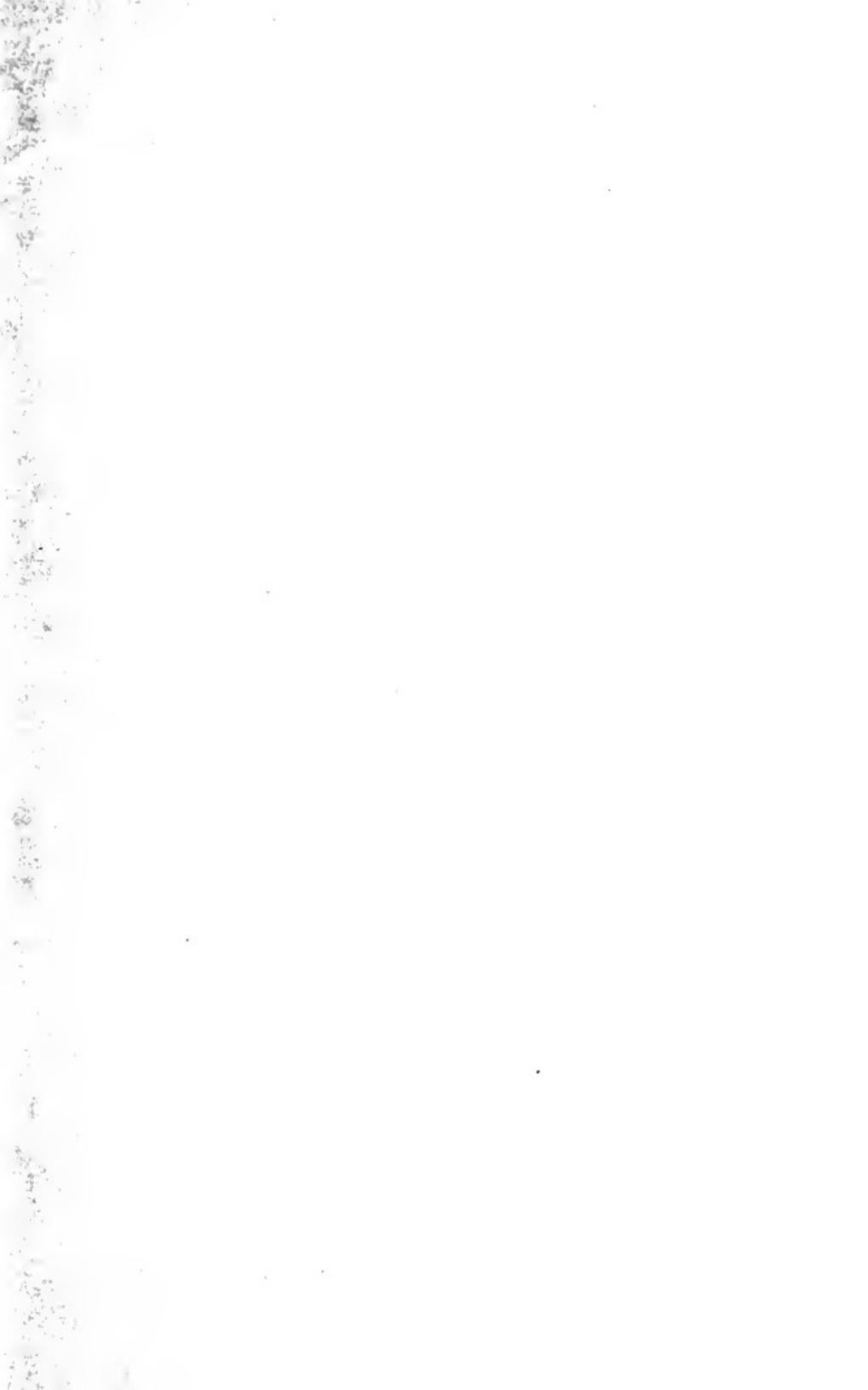
Pelenta Dabs.

Scald a pint of Indian corn meal with boiling water, add two light beaten eggs, one wineglass of cream, salt, beat it thoroughly, and drop a spoonful on a well buttered pan. Bake on moderate oven 20 or 30 minutes.

Small Hints.

Salt increases the intensity of cold. A pinch of salt helps to beat the whites of eggs.

Fry fish and oysters in corn meal.



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